

Ways to Live Green

How "green" are you? Most people want to tread lightly on the planet, but they really aren't sure if they are helping or hindering. Here are some choices you can make.....

When in your Home

Change the Way you Clean... when picking out cleansers for the home, (www.methodhome.com) try to avoid unnecessary dyes and fragrances and avoid extra packaging.

Use Products Smarter -- here's a list of more natural and less toxic cleaning ingredients and their uses: Vinegar can be mixed with water to clean floors. Borax mixed with lemon juice can be used to clean toilets. Lemon juice mixed with olive oil is great for polishing furniture. Use rubbing alcohol mixed with vinegar and water to clean your windows. Baking soda can be used to scrub stainless steel, iron, or copper pots. Be sure not to use it on aluminum pots.

Use Natural Remedies for Pesky Pests -- here is a list of natural ways to rid your home of some of the more common pests without using pesticides: Follow a trail of ants to find where they are coming in. Sprinkle chili pepper, dried peppermint, or borax to steer them away. For cockroaches mix borax, sugar, and flour and sprinkle it in the infested area. Also try sprinkling borax under sinks and in the back of cabinets to kill roaches. Feeding a dog or cat brewer's yeast mixed in with their food is said to deter fleas. Look to cedar chips to drive off moths. Diligent vacuuming can eliminate dust mites. If dust mites are in bedding, wash it regularly and cover pillows and mattresses in mite-free pillow and mattress cases.

Use Your Dishwasher -- Researchers at the University of Bonn in Germany determined that using a dishwasher cleaned the dishes better and saved energy and time. Run the dishwasher only when it's full and don't pre-rinse dishes. By skipping pre-rinse, you'll save 200 pounds of carbon dioxide from being released and \$40 a year.

Conserve, Conserve, Conserve -- You can conserve natural resources by cutting back on utilities such as power and water. Wasting electricity, for example, wastes money as well as the natural resources that produce the power. Public water supplies usually use groundwater or surface water. Water is treated and distributed through out the city, just like other services provided by the City of Saint George. Used water must also be disposed of -- the majority of water from residential and commercial toilets, sinks, washing machines, and dishwashers goes to the sanitary sewer and then on to the wastewater treatment plant. Although the water is treated, there is concern that it impacts the quality of water into which it is discharged - <http://www.sgcity.org/wp/consevation/>

When Furnishing Your House

Keep a Green Home -- There are options galore when filling a home e.g. earth-friendly flooring, furniture, appliances and lighting. Choosing earth-friendly options can save money through lower electric bills and tax incentives.

Make Forward Thinking Furniture Choices Organically grown ramie and cotton are available for upholstering furniture. Wood furniture should have the FSC seal to ensure it was forested with the environment and indigenous cultures in mind. Other companies collect old wood, salvaging it from demolition sites and reworking it to make new wood

furniture. Here's a web site selling furniture from reclaimed lumber --- www.1cabinfurniture.com

When at Work

Take a Look at What You are Wasting--Reduce paper. Use electronic means to work and communicate. Make double-sided copies. Reduce paper and ink. When printing a document that is not final, print it in draft mode. The draft mode on your printer uses approximately 50 percent of the ink used in normal print mode. You can buy software that allows more control over the amount of ink a printer uses. Start recycling. Choose your printer inks and toners carefully. Reuse and refill toners, recycle ink cartridges. Reuse office equipment -- donate them to charities or give them back to the supplier instead of throwing them away. Cut down on disposable products. Use mugs and silverware. (Bring your own mug to Starbucks -- you'll get a 10-cent discount.) Reuse boxes and other shipping and packaging materials. Reuse old envelopes. Use shredded paper for packing materials. Are computers, printers and lights turned off at the end of the day? When in standby mode, your PC is still using energy. In fact 75 percent of electricity used in your home comes from electronics that are turned off. Stop this phantom electro rush by plugging your computer into a power strip and shutting down completely at the end of the day. Also, remove your iPod, digital camera and phone chargers from outlets when not in use.

Turning off a 75-watt monitor for 40 hours a week might only save \$4.38 a month, but it reduces CO2 (greenhouse gas emissions) by 750 pounds, burning 450 fewer pounds of coal each year.

Cancel catalogs -- many of us have a steady flow of unwanted and unsolicited junk mail, catalogs and magazines. Let's say everyone in New York City receives 10 a month: That would make 240,248 tons of paper waste! Call 888-5-OPTOUT or get off the lists at www.newdream.org/junkmail/form.php Make sure to recycle what you do receive. Find out where to recycle at Earth911.org. Less energy is spent on creating paper (which kills trees we need) and less trash is created when we can reuse products. Less clutter at home too!!!

Change Your Travel Methods -- local trips, consider more fuel-efficient ways of traveling or combining trips to nearby locales or with other meetings.

Use Smart Cars and Telecommuting -- Choose energy-efficient vehicles or hybrids. Telecommuting also saves on transportation costs, laundry and dry cleaning expenses.

Use Green Supplies -- Buy green. Almost any office supply is available in recycle or organic versions.

Recycle -- aluminum cans, batteries (or use rechargeable batteries) cardboard boxes, computers, glass, ink cartridges, magazines, paper and plastics.

When Getting From Here to There

Believe the hype about hybrids-- hybrids produce much fewer emissions than cars that run strictly on gasoline. According to the fuel economy web site, the Honda Civic will produce about 5.5 tons per year of greenhouse gases, or carbon dioxide equivalents, while the Honda Civic Hybrid will produce 3.7 tons per year.

Try a Flexible-Fuel Vehicle -- Flexible-fuel vehicles or FFV's are made to run on a mixture of gasoline and an alternate fuel such as ethanol or methanol. There are a variety of FFVS on the market, including sedans,

*Nature never
goes out of style.*

Author Unknown

trucks, and sport utility vehicles. Ethanol leads the way in replacing a portion of the gasoline. It's made by distilling a fermented brew of corn, yeast, sugar and waste. There is concern that the environmental impact from growing plants to produce ethanol (i.e. from the use of fertilizers, pesticides and transporting plants to processing facilities) outweighs the benefits of burning cleaner fuels.

Consider An Alternative-Fuel Vehicle -- Alternative-fuel vehicles (AFV's) rely on a combination of gasoline and either compressed natural gas (CNG) or liquefied petroleum gas (LPG). Tax incentives encourage companies to convert their fleets and private individuals to convert their personal cars.

Be Your Own Motor -- More people are biking and walking. Drivers take 1.1 billion trips every day. Based on information collected by the Bureau of Transportation Statistics, the majority of those trips, about 87 percent, are taken in personal vehicles. If each driver cut out one trip a day--or even a few a week--it would save up to 25 percent of the fossil fuels used for personal transportation.

Improve Mileage and Reduce Emissions -- The National Highway Traffic and Safety Administration calculated that the average vehicle mileage increased only 1.6 miles per gallon from 23.1 mpg in 1980 to 24.7 mpg in 2004. The improvement could have been larger, but the huge successes of SUVs, more people idling in traffic brought down the mileage calculations (but did not decrease emissions). When you drive, you can take steps to increase mileage and even reduce emissions.

Improve Efficiency -- until zero-impact cars or fuels are invented, here's a list of things you can do to improve fuel efficiency:

Maintaining a smooth-- and legal pace will get you more miles to the gallon.

According to the U.S. Department of Energy, for every 5 miles an hour you drive over 60 mph, it's like spending an extra twenty cents per gallon of gas.

Carrying around heavy loads reduces a car's gas mileage.

Idling for longer than a minute or two actually uses more gas than starting the car, except in the case of hybrids. Properly maintained engines operate more efficiently and get better gas mileage.

Properly inflated tires improve mileage and are safer to drive on.

When Eating

Choices you can make... learn to eat green-- the availability of organic foods has grown by leaps and bounds.

Understand organic -- the definition of organic varies depending on who is involved-- Foods meeting the USDA requirements for being organic will have a USDA seal. To obtain the seal, foods must be 95 percent organic. Foods using only organic products and methods may also state 100% organic on the packaging. A lower level of organic certification is available for foods that are 70 to 95 percent organic. These foods can be labeled as "made with organic ingredients".

The Kroger Company, the country's largest supermarket, started the Naturally Preferred line in 2002, which now includes more than 275 items. Even large food producers are getting in on the organic options. Kraft Foods now makes USDA-certified organic macaroni and cheese, and their DiGiorno spinach and garlic thin-crust pizza is made using organic ingredients.

Eat Less Meat -- Forgoing, or even reducing, meat consumption can lower cholesterol and limit the intake of unnecessary chemicals such as hormones and antibiotics.

Think About Fish -- Fish can be a good source of protein without the saturated fats in other meats. Fish that are higher up on the food chain tend to accumulate more mercury than their prey. Certain people, particularly pregnant women and small children are advised to stay away from fish with high levels of mercury e.g. shark, swordfish, king mackerel and tile fish. More information on mercury advisories can be found at www.epa.gov/waterscience/fishadvice.

Avoid Genetically Modified Foods --Health concerns include the potential for allergens to be introduced as part of the genetic modification, causing dangerous reactions in some people.

Know What's in Your Food -- processed food is likely to contain food additives. Additives help extend the life of some foods, add nutrition, or change a food's consistency. Read labels or if you are unsure whether the listed ingredient is or contains an allergen, contact the manufacturer.

Eat out Green -- The Green Restaurant Association certifies restaurants and coffee shops that operate in sustainable ways. Information on their certification process can be found at www.dinegreen.com.

Do a Bit of Research-- Local Harvest (www.localharvest.org) is an organization that keeps a directory of restaurants, farmers' markets, cooperatives, and farms that use sustainable practices and organic products. Their database covers the entire United States.

In Your Own Kitchen -- Some ways to conserve energy in the kitchen include using as small an oven as possible. The larger the oven, the more

energy it takes to heat it to the proper temperature. Glass and ceramic retain heat better than metal; switching will reduce the temperature as much as 25 degrees. When using the stove, make sure the burner fits the pan; an uncovered burner wastes heat. And always use a lid when heating items on the stove for the same reasons.

The poetry of the earth is never dead.

John Keats

When Drinking -- Avoid Bottled Water -- the business of delivering millions of gallons of water in separate bottles is

incredibly inefficient. Plastic bottles are made from petroleum and trucking them across country uses a lot of gas. The surge in bottled water has left mountains of plastic in its wake. Plastic bottles can be recycled for use in a variety of products, but some inevitably end up in landfills and incinerators.

Recycle Those Bottles--according to the Container Recycling Institute, if people recycle 70 percent of the bottles they purchased for one year, greenhouse gases could be reduced by 20,000 metric tons of carbon equivalent. It would also save the equivalent of 600,000 barrels of crude oil needing to be extracted and processed. Currently only eleven states have bottle bills that require refund systems for returning used water bottles.

Rethink Soda -- soda consumption has skyrocketed over the past five years, increasing 500 percent. Soft drinks make up approximately 28 percent of all drinks consumed. But soda may not be such a good choice when it comes to options regarding people or the planet. If you need to have that fizz when it comes to drinks, there are some organic and healthy options to choose from --- Blue Sky Beverage Company (www.drinkbluesky.com), Santa Cruz Natural (www.scojuice.com) makes organic fruit juice sodas in a variety of flavors. R.W. Knudson (www.Knudsenjuices.com) makes fruit spritzers in flavors such as black cherry, mango and tangerine.

Fake Your Fizz Fix -- Look to club soda or seltzer water. The Healthy Beverage Company (www.steaz.com) makers of Green Tea Soda, now offers Steaz Energy, the first energy drink that has been USDA organic and fair trade certified.

Consider a Milk Alternative -- if you are planning to subtract dairy products from your diet, then soy, rice, or almond milk can be good replacements for cow's milk.

When Recycling -- buy what you need, by choosing to eliminate some purchases, you can cut down on the amount of waste generated. Follow these general rules: Make a list and check it twice. Sticking with a list will avoid unnecessary or impulse purchases. Avoid the just-in-case purchase. If you aren't sure you need something, assume you don't. Evaluate want versus need. Consider if a purchase is for something you need or want. Beware of bar-

The goal of life is living in agreement with nature.

Zeno (335 BC - 264 BC),

from Diogenes Laertius, Lives of Eminent Philosophers

gains, beware of warehouses -- they're designed to move merchandise, not save you money.

Learn to Reuse Pack your sandwich in a reusable container instead of plastic wrap. Carry the drink of your choice in a plastic bottle instead of a cup. Check out www.freecycle.org and www.freesharing.org. These organizations allow items to be reused without having to maintain a storage unit.

Follow This Reusable Check List -- reuse totes and bags. Take your own bags to the grocery store. Make a charitable donation. Be creative, printer paper can be reused as scrap paper. Packaging materials can be used for arts and crafts. Sunday comics and old maps make colorful wrapping paper.

Remember to Recycle -- plastics, metals, paper, yard waste, concrete. Don't forget to recycle these --- single-use and rechargeable batteries (The Batteries Plus Store in Saint George accepts these). Carpet and padding can be used to make other carpet and padding. Ask when you're buying carpet if the old one will be recycled. Car parts such as batteries, used oil and oil filters can usually be dropped off at local auto-part stores. Print, fax and ink jet cartridges can be recycled. Cell phones can be returned to your service provider to be reused or recycled. Some electronics stores will take old materials for recycling.

Saint George Recycling locations: Recycle USA 435-628-4982
46 North 900 East #2, Saint George. Recycles: aluminum, cardboard- corrugated, metal-scrap, milk jugs, newspaper, paper-office. Lins Market on Sunset and Dixie Drive also has bins for newspaper, paper, phone books and magazines. Rocky Mountain Recycling has a metal recycling facility located at 46 N 900 E just off of St. George Blvd. and Tabernacle. For more information call 435 688-1069.

For locations of other recycling organizations, see www.earth911.org

The Reuse Center (575 E Brigham Road off of Exit 4 refer to web site for map and hours <http://www.sgcity.org/publicworks/sgreuse.php>) takes green waste, Christmas trees and concrete products.

E-Waste -- one of the largest concerns of recycling today is managing electronic waste. E-waste includes cell phones, computers, televisions, VCRs, copiers, and fax machines---anything with a battery or a plug. While some of this equipment can be recycled (Costco.com -- Trade-in and Recycle program -- for PCs, LCD Monitors, Digital Cameras, Camcorders, Game Systems & MP3 Players) or donated to charities, much of it is obsolete or broken. When taken to a landfill for disposal, e-waste takes up valuable room. An important concern with the recycling of e-waste is that portions of waste that are generated in the US are now shipped to China and India for recycling. This has huge transportation costs, financially and environmentally. Locally 1-800-got-junk will pick up e waste.

Purchase items made from recyclable materials (www.seventhgeneration.com, www.planetinc.com and biogroupusa.com)

Ways to make your Next Party Green - evites, use the stuff you've got, use organic wine and spirits, decorate with organic plants and then give them away and buy local products from the farmers market.

When Picking out Clothing -- choose sustainable clothing, avoid dry cleaning, consider organic cotton, hemp, organic wool, silk, donate clothes to a charity or consignment shop. Recycle your shoes -- Nike

developed the Re-Use a Shoe program, which collects used athletic shoes and defective products. The shoes are accepted all over the world (locations are posted on their web site at www.nike.com). Repair, don't re-buy leather.

Get to know what's in your soles -- processing rubber is extensive and includes compounding and mixing, milling and calendaring, extruding, coating, cooling and cutting, building, vulcanizing, and grinding. But it doesn't have to be that way; rubber can be obtained from sustainable practices. Sustainable practices take into account healthy harvesting of the trees and proper handling of wastes.

Taking Care of Yourself Select Natural Personal Care Products -- review Skin Deep, a report on the chemical ingredients of thousands of personal care products. The Skin Deep report can be found online at www.ewg.org/reports/skindeep2.

Pick Safer Products, think about animal testing, be particular about packaging, go organic...

Dr. Hauschka Skin Care (www.drhauschka.com)
Juice Beauty (www.juicebeauty.com)
In Fiore (www.infiore.net)
Kiss My Face (www.kissmyface.com)
Noah's Naturals (www.noahnaturals.com)

Avoid allergens, use organic shampoo -- friendly hair care products
Terressentials (www.terressentials.com)
J.P Durga (www.jpurga.com)
Aubrey Organics (www.aubrey-organics.com)
California Baby (www.Californiababy.com)

Makeup web sites that carry organic and natural makeup that are cruelty free:

Burt's Bees (www.burtsbees.com)
The Alchemist's Apprentice (www.alchemistsapprentice.com)
Canary Cosmetics (www.canarycosmetics.com)

Assess Those Aerosols -- if you are concerned with the chemicals present in your favorite product, you can check out the material safety data sheets (MSDS) at www.householdproducts.nlm.nih.gov.

When Going on Vacation

Ecotourism - here's a rundown of the most common terms used:

Adventure tourism is usually nature-oriented and involves some amount of risk, but not all trips require a specialized skill or the desire to rough it.

Geotourism usually centers on the geographic nature of the environment. Tourism helps to enhance

the environment along with culture and overall well-being of local residents.

Nature-based tourism relies on the natural environment of settings to entice travelers. This could include jungle lodges as well as whale-watching cruise ships. These may or may not be environmentally friendly.

Sustainable tourism protects the environment, meaning that travel will continue in the area without destruction of habit or damage to resources. The area's integrity will be maintained for future travelers.(www.ecotourismcesd.org)

Ecotravel rules -- study up, spend locally, take nothing but pictures; leave nothing but footprints, conserve natural resources, be respectful.

We must learn to reawaken and keep ourselves awake, not by mechanical aids, but by an infinite expectation of the dawn, which does not forsake us in our soundest sleep. I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor. It is something to be able to paint a particular picture, or to carve a statue, and so to make a few objects beautiful; but it is far more glorious to carve and paint the very atmosphere and medium through which we look, which morally we can do. To affect the quality of the day, that is the highest of arts. Every man is tasked to make his life, even in its details, worthy of the contemplation of his most elevated and critical hour. If we refused, or rather used up, such paltry information as we get, the oracles would distinctly inform us how this might be done.

- Henry David Thoreau

When Caring for Your Pet

www.thecreativecoast.org/news/view/616-going-green-with-your-pets-for-the-holidays-how-to-reduce-your-pets-carbon-pawprints

Spay and Neuter • Assess what's actually in pet food • Buy green bedding and other gear • Be dutiful with doggie doo and use a biodegradable bag to pick up animal droppings • **Take a closer look at kitty litter.** --green options include litter made from recycled paper or reclaimed wood. Not only do these litters avoid mining operations, they utilize post consumer waste that would otherwise be sent to a landfill. Note: if you are planning to switch your cat(s) to biodegradable or recycled litter, you may need to do it gradually, adding a little at a time so as not to confuse the cat. **Find safe options for flea control** (www.epa.gov/pesticides/factsheets/flea-tick.htm)

The Greening of Big Business

Top ten billionaires who are going green

www.petsdo.com/blog/top-ten-10-billionaires-going-green-and-protecting-our-environment

Support Companies Based on Government Grading and Holding Companies Accountable

The Environmental Protection Agency (EPA) evaluates companies on their environmental performance using the National Environmental Performance Track, a program that was started in 2000 to recognize public and private institutions that go above and beyond the minimum environmental requirements.

Spend with Environmentally Friendly Companies

Organizations such as IdealsWork, Inc. classify different companies according to how they perform environmentally and socially. They provide a database of companies that manufacture products and businesses the provide services.

Online Newsletter

www.thedailygreen.com/going-green/

Reference materials and resource information derived from: 365 Ways to Live Green by Diane Gow McDilda

We have updated our web site and have included a link for homeowners'. Request for service forms, waivers of liability and our current newsletter are now available at www.snowcanyonrealty.com/homeowners.html. If you have concerns, we urge you to communicate them directly to Jodi and Ann during regular business hours or email us.....

Snow Canyon Realty

2262 N. Cohonina, St. George, UT 84770
Office: 435-656-5600 - Fax: 435-688-7560
www.snowcanyonrealty.com
entradascrealty@infowest.com

For Local Resources
SOUTHERN UTAH RECYCLING
COALITION
www.southernutahrecycles.org

Are you tired of people not returning your phone call, or just not showing up to do their work?

Hi, my name is Gary Hansler and I have recently relocated with my wife and daughters to St. George, Utah, bringing with me my painting business and 29 years of expertise in the field. I will be focusing on the exterior of homes that have been affected by the harsh desert climate. I know that your home is one of your biggest investments and you deserve a quality paint job to protect it. I will be using a multi-material application which will keep the exterior of your home looking beautiful for years to come. I am also available to paint interiors and do minor home repairs. And if you are tired of looking at your stained, old, dirty garage floor, I can make it showroom fresh with an epoxy floor coating, available in many custom options to fit your style.

As someone who takes pride in my craftsmanship, I guarantee a quality job, completed to your satisfaction, and will personally attend to your home. If I can help you with your painting or home repairs contact me at 435-628-2140.

Goat Cheese & Pear Salad

How to make goats cheese, pear and walnut salad:

This is the easiest starter ever but very fresh tasting and guaranteed not to be too filling. If you hate goat's cheese any favourite cheese can be used. Ingredients (Serves 2)

mixed salad leaves
4oz goat's cheese or any other white cheese
2 ripe pears, cored and cut into chunks
2oz walnuts, chopped
half bunch watercress, trimmed
2 tablespoons lemon juice
3 tablespoons olive oil
(see measure conversions for more information)

Method



- Arrange the salad leaves on plates and top with the cheese.
- Mix together the pears, walnuts and watercress.
- Blend the lemon juice and oil together.
- Pour over the mixed pears, walnuts and watercress.
- Pile on top of the cheese.

Recipe provided by *The Green Chronicles*
www.greenchronicle.com/christmas_recipes/goats/cheese/pear/walnut/salad.htm

Adopt the pace of nature: her secret is patience.

~Ralph Waldo Emerson